



MESSAGE FROM THE PRESIDENT

Dear OPA Member,

This will be my last message to you as President. The year has gone quickly and it has been a real pleasure to represent the OPA in my capacity as President. The President's theme - Relationships and Partnerships - has been the focus of our work. This theme will continue over the next year as Dr. Richard O'Reilly takes the helm as incoming President. I look forward to working with Dr. O'Reilly and encourage all Ontario psychiatrists to join the OPA to support this theme. As you read this issue of Dialogue you will hear about some of the outcomes of new and renewed relationships and partnerships. We have met with government and partnered with the Schizophrenia Society of Ontario (ODSP campaign), strengthened our relationship with the CPA, and reached out to psychiatrists throughout Ontario. One of the highlights of my term as President was inaugurating a "President's Lecture" which is summarized on page 11.

I would like to thank the Council for their work and commitment over the last year. Anne Hennessy and the Member Services Committee have been undaunting in their efforts to recruit psychiatrists to the OPA.

Richard O'Reilly and the Advocacy Committee have championed a campaign to increase the ODSP rates by 10%. This included meetings with a number of Ministers, including Minister Smitherman.

Cinda Dyer once again chaired a committee that hosted a successful Fall Conference on Relational Psychotherapy.

Roumen Milev and the Education Committee have planned an excellent Annual Conference - a new look, a new date, a new format!

On behalf of Council I would like to especially recognize and thank Dr. Keith Anderson. Keith's term as a Council member is ending and he will be sadly missed. Many thanks Keith for your outstanding contributions to the OPA. Finally, thanks to all the Council members who take time from their busy lives to represent the profession through their work with the OPA.

The OPA is the professional voice of psychiatry in Ontario. It can speak to the issues facing Residents, early career psychiatrists, hospital psychiatrists and sole practitioners as well as those who are retired or considering retirement. My last comment as I complete my term as President is to encourage all psychiatrists in Ontario to join the OPA so that we can be not only a voice but a strong voice for the profession.

Best wishes for a wonderful holiday season! I look forward to seeing you at the Annual Conference in February.

Susan Abbey, MD, FRCPC
2006 OPA President



Ontario Psychiatric Association
Executive and Council



President
Dr. Susan Abbey



President-Elect
Dr. Richard O'Reilly



Past President
Dr. Mamta Gautam



Secretary
Dr. Keith Anderson



Treasurer
Dr. Derek Puddester



Dr. Leslie Buckley



Dr. Chiachen Cheng



Dr. Varinder Dua



Dr. Cinda Dyer



Dr. Deborah Elliot



Dr. Roumen Milev



Dr. Paul Mulzer



Dr. Anne Hennessy



Dr. Paul Sedge



Dr. Andrea Waddell

Council Members can be contacted through the OPA Head Office

OPA Office: 344 Lakeshore Rd. E. Suite B
Oakville, Ontario L6J 1J6
Tel: (905) 827-4659
Email: opa@bellnet.ca
Fax: (905) 849-8606

Publisher: Dr. Keith Anderson
Editor: June Hylands
Design & Production: AEW Productions Inc.

*The OPA reserves the right to refuse requests for advertising.
The views expressed in this newsletter do not necessarily
reflect the views of the OPA Council.*

FROM THE EDITOR

This issue of the Dialogue is being distributed to all psychiatrists in Ontario as a way of informing the profession about some of the important and exciting work being undertaken by the Ontario Psychiatric Association. These are interesting and challenging times for all those involved in the delivery of healthcare - but particularly for those in mental health. There appears to be a growing awareness of the importance and prevalence of issues relating to mental health and mental illness on the part of the public. In all regions of the province the newly formed Local Health Integrated Networks (LHINs) are identifying the need for more and better mental health care and service delivery. However, psychiatrists are not always at the table when important decisions are being made. Now, more than at any other time, the profession needs a strong voice.

This year, the OPA focus on Relationships and Partnerships has led to a higher profile with government and other key stakeholders. This work will continue over the next year. The decision to continue this President's Theme for two years was a conscious choice to keep the momentum growing over a more sustained period of time. A significant amount of work was done in the first year of *Relationships and Partnerships*. It is exciting to go into 2007 with a plan to continue.

It has been a pleasure to work with Dr. Susan Abbey, OPA President, and Council over the last year. I am looking forward to another busy and productive year as Dr. Richard O'Reilly takes on the President role.

As we move into the new year we wish you health and happiness.

As always, your comments, suggestions and ideas are welcome at any time.

June Hylands
Editor

INSIDE

IN EVERY ISSUE

Message from the President
From the Editor
Why Join the OPA?
Meet a Council Member
Calendar of Events
OPA Council Meeting Agenda

IN THIS ISSUE

Jane Chamberlin Lecture & Award
OPA Annual Conference
Advocacy Committee
An Interview with the Member Services Chair
Building Links with Academic Departments of Psychiatry
OPA Fall Conference
OPA AGM Agenda - Feb. 24, 2007
Official Notice of AGM

Congratulations to our President and President Elect!

The CPA Paul Patterson award is presented annually to a psychiatric educator who, responding to change or leading in new directions, makes a significant contribution to undergraduate, postgraduate or continuing professional education, or to public education.

The 2006 recipient is our own President **Dr. Susan Abbey** who led the redesign of the CPA's Annual Meeting Program Committee from 1998 to 2004, which led to unprecedented growth in numbers of attendees and the programs offered at the conference. As Chair of the CPA's Continuing Education Committee she also significantly influenced the CPA's continued professional development work, chairing the 2005/2006 organizing committee for the innovative Shared Care forums.

At this year's CPA Annual Meeting our President-Elect, **Dr. Richard O'Reilly** had the honour of receiving the Best Paper Award for his paper written with Dr. Joan Bishop entitled "Is Telepsychiatry Equivalent to Face-to-Face Psychiatry? Results from a Randomized Controlled Equivalence Trial".

Congratulations to you both!

Jane Chamberlin Memorial Lecture and Award

The Jane Chamberlin Memorial Lecture is co-sponsored each year by the OPA and the AGHPS. The Jane Chamberlin Memorial Award is presented by the Association of General Hospital Psychiatric Services (AGHPS) to recognize outstanding contribution to general hospital mental health services. The lecture and award presentation take place at the OPA Annual Conference.

Jane Chamberlin Lecture

We are delighted to announce the **Honourable Justice Edward Orniston**, Chair of the Consent and Capacity Board as the Jane Chamberlin Lecturer.

Jane Chamberlin Award

This honor will be awarded to **Dr. Doug Weir**. Dr. Weir is a child psychiatrist working in Toronto with over 20 years clinical experience. In addition to his clinical practice, he is a Member of the Board of Directors of the Ontario Medical Association (effective May 2005), and also Past-Chair of the Ontario Medical Association Section on Psychiatry.

Ontario Psychiatric Association Annual Conference “Relationships and Partnerships”

**A New Date... A New Format... A New Conference!
Register for the OPA 87th Annual Conference!**

**February 23rd and 24th 2007
Marriott Downtown Eaton Centre Hotel - 525 Bay Street Toronto**

Important Professional Issues:

Should the CCB Have an Advocacy Role?
Practice Audits

Important Practical Issues:

Optimizing Billing
Setting Up a Practice
Planning for Retirement

Important Clinical Issues:

Dual Diagnosis
First Episode Psychosis
Management of Atypical Psychotics
Geriatric psychiatry
Genetic Syndromes in Psychiatry

Spend time with friends and colleagues at the Annual Dinner!

The full programme is posted on the OPA web site at www.eopa.ca

Register by February 2nd and SAVE \$100.00!!

Included in your Member/ Member Resident registration: Complimentary continental breakfast, luncheon symposium, morning and afternoon coffee breaks each day. One complimentary ticket to the OPA Dinner/Dance.

Included in your Non Member/Resident registration: Complimentary continental breakfast, luncheon symposium, morning and afternoon coffee breaks each day. Tickets to the OPA Dinner/Dance are available at an additional cost. (See below.)

Registration Fee	Before February 2nd		After February 2nd	Dinner/Dance Fri. Feb 23rd
	<i>Daily Rate</i>	<i>Full Conference</i>	<i>Full Conference Only</i>	
OPA Member - Full	\$250.00	\$395.00	\$495.00	1 complimentary ticket per registrant. Additional tickets \$95.00 each
OPA Member - Associate/Life/Inactive/Honorary	\$210.00	\$320.00	\$420.00	
OPA Member - Resident	\$25.00	\$50.00	\$75.00	
Non Members	\$295.00	\$495.00	\$595.00	\$95.00 each

Bring A Buddy!

Here is how it works....

- ✓ The referring OPA member will receive a \$50 discount on their registration fee for the Annual Conference.
- ✓ The new registrant will also receive a \$50 discount on their registration fee for the Annual Conference.
- ✓ A “new registrant” is defined as a person who has not attended the Annual Conference for the last 3 years.
- ✓ The recruiter's registration form must indicate the name of the “Buddy” recruited.
- ✓ The new registrant registration form must indicate who referred them.

The Advocacy Committee

Throughout the year we have kept you informed about our lobbying efforts to increase the ODSP rate by 10%. With our partners, the Schizophrenia Society of Ontario, we have sent letters to the government and met with some MPPs, including Ministers George Smitherman and Madeleine Meilleur. In the last issue of *Dialogue* we asked you, the members, to call your MPP and ask him or her to pressure the government to increase the ODSP base rate. We provided a "Call your MPP" information sheet and requested that you distribute it to as many of your patients, their relatives, your colleagues and other concerned people and groups as possible. The next budget will be the last before the election scheduled for October 2007. As we move closer to budget time, we urge you to continue to advocate for this important issue - if you have not yet called your MPP please make that call and demand that our disabled patients be given the opportunity to live with financial dignity!

We recently sent this Letter to the Editor in response to the increase in MPP salary.

To the Editor, Globe and Mail:

Re: MPPs set to give themselves 25-percent raise, December 13, 2006

Its is ironic that MPPs feel entitled to a 25% raise pointing out that their salaries have not kept up with inflation in the past decade. At the same time, the support that people with disabilities receive through Ontario Disability Support Program (ODSP) payments has also not kept up with inflation.

The similarities end there however. Since 1993, ODSP recipients have only seen a 5% increase in their support payments, while cost of living has increased 28% in that same time period. Their purchasing power has decreased 23%. Today the maximum benefit a single person receives on ODSP is \$979 per month, or just under \$12,000 per year. This is less than 60% of the poverty line. Imagine paying rent and covering all your bill including hydro, phone, groceries, clothing, transportation and any other expenses on \$12,000 per year when you are severely disabled because of severe mental illness.

MPPs are proposing to increase their own base salary by \$22,004. This increase alone is almost double the maximum benefit a person with disabilities is forced to live on. With this increase, MPPs will have had a 42% increase in base salary since 2000. We hope MPPs will show the political will to give a similar raise to some of Ontario's most vulnerable citizens.

The Schizophrenia Society of Ontario and the Ontario Psychiatric Association have been calling on the Ontario government to increase ODSP support payment by 10% in the upcoming budget and to increase rates annually thereafter to cover annual cost of living increases. Public policy that drives vulnerable Ontarians into deepening poverty is shameful. To keep in line with Ontario government policy, a 25% increase would be more appropriate.



Bridget Hough
President
Schizophrenia Society of Ontario



Dr. Susan Abbey, MD, FRCPC
Present
Ontario Psychiatric Association

An Interview with the Member Services Committee Chair Dr. Anne Hennessy

- OPA:** Why did you agree to become Chair of the Member Services Committee?
Anne: Membership is the lifeblood of any organization and as a new member on Council I thought I could be useful to the current membership and that my enthusiasm would help with recruiting new members. Also I didn't know what I was getting into!
- OPA:** After several months in this role, what are your thoughts and impressions of the challenges in recruiting and retaining members?
Anne: People are very busy and have demands coming at them from all sides; the OPA is one of many organizations calling on psychiatrists in Ontario for their hard earned cash and commitment. So it is a challenge to attract new members and keep them. We are focusing on resident and psychiatrists entering practice and psychiatrists contemplating retirement as groups that could benefit from the networking and mentoring the OPA offers.
- OPA:** What would you say to Ontario psychiatrists who are considering membership in the OPA?
Anne: At a time when many of us feel our concerns aren't being heard, membership of the OPA strengthens the organization. The OPA has a long history in Ontario and needs to be a stronger force for improving patient care and fostering links between our colleagues. The area of mental healthcare is changing rapidly in Ontario with increasing competition among providers coupled with the greying of our profession, being part of the OPA will keep you informed about today's issues.
- OPA:** How would you like current OPA members to assist in recruiting and retaining members?
Anne: Encourage one friend to join, get the benefits of our organization and double the membership numbers and our relevancy. Remember "Strength in numbers".
- OPA:** What steps is the OPA taking to encourage membership?
Anne: We are listening to our members and here are some of our responses:

 - We have moved the date of our Annual Conference to February.
 - We are providing a more intense educational experience to maximize MOCOM points as we have begun a new cycle.
 - We are meeting with the members, informally such as with the September TGIF in Ottawa where members met the Council who had a first time meeting at the CPA offices.
 - We have inaugurated "A Presidents Lecture" series where the President (This year Dr. Susan Abbey) has spoken at the academic centers.
- OPA:** What reasons do current members give you for being an OPA member?
Anne: We recently polled members and received the following reasons for being an OPA member:

 - Networking with Ontario colleagues
 - Attend educational activities locally
 - Get to know colleagues in an informal setting
 - Help further the advocacy role for patients and colleagues
 - For MAKING THINGS HAPPEN
 - Meeting colleagues I am too busy to meet at other times
 - Feeling that I can make a difference and advocate for mental health services
 - CME
- OPA:** Why is it important for residents and early practice psychiatrists become involved with the OPA?
Anne: Transition to practice is a critical stage in a psychiatrist's development. Training is largely in Academic centers with little education of the full range of practice options that exist. The OPA is developing mentorship and educational programs to facilitate early career psychiatrists in making the best choices for them and their loved ones.
The OPA is developing a roster of psychiatrists in each community setting who are willing to be a resource in the trenches for beginning psychiatrists. Part of the role of the OPA is to foster collegiality. Through our meetings we encourage connection and maintenance of friendships forged in residency.

8. **Additional Comments:**

We need to understand what people value in our organization and be relevant. We are the voice of psychiatry through our relationship with Queens Park and our role in the Coalition of Psychiatry. We need to be more active in letting the membership know of our advocacy role and how we express concerns for our some times vulnerable patient population.

Lets remember the Mission Statement of the OPA developed over the past few years through consultation with the membership:

The Objectives of the Association shall be:

- To maintain an organization of the psychiatrists of Ontario for the exchange of scientific information and for the promotion of an optimal level of professional development and practice.
- To be an advocate for the mentally ill and their families.
- To represent the members of the Association in their relationships with governments at all levels, universities, other medical associations and other associations.
- To promote the prevention of mental disorders in the Province of Ontario.
- To receive bequests, donations, grants of money; and to raise monies by membership fees, or in any other manner for the carrying out of the objectives of the Association.
- Other complementary purposes not inconsistent with these objectives.

The OPA is dedicated to excellence in psychiatric education, advocacy, representation and the advancement of public policy.

LAST WORD:

I rejoined the OPA after a number of years of non-membership because I felt I was no longer drowning under the weight of raising children, marriage and working almost full time. I love my work; I feel the needs of my patients, largely the elderly are not always met. As a solo practitioner I feel I will have more power to make change for the people of Ontario working with the OPA. A friend got me to join; the meetings are interesting and fun. The cost of membership equates to a fine meal at a good restaurant, and no I get to meet wonderful colleagues from across Ontario, to learn a great deal, sometimes to dine, but always to feel connected to a group who cares about Psychiatry in Ontario.

Building Links With Our Residents & Faculty at Our Academic Departments of Psychiatry

The academic Departments of Psychiatry at the Ontario medical schools are crucial to the future of Ontario psychiatry. A working group from the 2005-2006 OPA Council led by Dr. Robert Swenson looked at how the OPA might build better linkages with the academic departments. A variety of initiatives were recommended including the OPA president visiting each of the university departments each year, funding residents to present their research at the annual OPA meeting, and investigating ways in which the OPA might relate better to the university departments.

This fall, the OPA President Dr. Susan Abbey, has visited the University of Ottawa, Queen's University and the University of Western Ontario. During her visits, she has spoken at academic grand rounds about the OPA's mandate and activities, informed attendees about upcoming professional education events sponsored by the OPA, met with resident groups and attended other meetings and events as arranged by the individual departments.

Rounds attendees brought forth wonderful suggestions regarding potential OPA initiatives and these are being following up with by the OPA Executive and Council. Watch upcoming issues of *Dialogue* for more information.

Why join the OPA?

Dedicated to excellence in psychiatric education, advocacy, representation and the advancement of public policy.

The Ontario Psychiatric Association was incorporated in 1956. Dr. Edward Ryan, Superintendent of Rockwood Hospital, established the Ontario Neuro-Psychiatric Association in 1920.

Objectives of the Ontario Psychiatric Association:

- **EXCHANGE** of scientific information
- **PROMOTE** an optimal level of professional development and practice
- **ADVOCATE** for persons with mental illness and their families
- **REPRESENT** the members in their relationships with governments at all levels, universities, medical associations and other associations
- **PROMOTE** the prevention of mental disorders in Ontario

Member Benefits:

- Access to specialty Sections, workshops and courses
- Opportunities for networking
- Peer Mentorship Programme
- Registration discounts for the Annual Conference
- Complimentary membership for Residents and longstanding members
- Voting privileges at the Annual General Meeting and general meetings (Full Member, Life Member and Member in Training only)
- Opportunities for maintenance of competence and continuing education credits
- Effective representation to the Canadian Psychiatric Association

- Joint partnership, with the Ontario Medical Association Section on Psychiatry, by means of the Coalition of Ontario Psychiatrists
- *Dialogue* - the quarterly Association Newsletter provides up-to-date information on issues affecting psychiatry and psychiatric practice

Other Information:

- Standing Committees: Advocacy, Communications, Continuing Education, Finance/Audit, and Member Services
- Membership Categories:
Full Member - is a legally qualified practitioner who is licensed to practice medicine in Ontario and is:
(a) Registered as a specialist in psychiatry by the Royal College of Physicians and Surgeons of Canada, and is in active practice, or,
(b) Teaching psychiatry in a university or other senior psychiatric position.

Member-in-Training - is a person who is registered in an approved, psychiatric, post-graduate training programme, or, in an undergraduate medical programme, in Ontario.

Associate Member - is any person who is a legally qualified medical practitioner or who occupies a position in nursing, psychology, social work, occupational therapy, or any other profession or occupation, closely related to psychiatry.

Life Member - is any Member who has reached the age of 65 and whose years of age and years of Full Membership totals 80 in the Association.

For more information about the OPA please visit our website at www.eopa.ca.

MEET A COUNCIL MEMBER

Paul G.G. Mulzer, M.D., FRCPC

OPA: What is your current position on the OPA Council and on What committee do you serve?

Paul: I'm currently involved with the Advocacy Committee. I appreciate this committee's goal of bringing to the forefront issues that impact the quality of life of our patients.

OPA: Tell us a bit about your background.

Paul: I've had a unique route to the field of psychiatry. I Was a Flight Surgeon, general duty medical officer and crash investigator with the Canadian Armed Forces. In this capacity we coordinated the air ambulance services for the Maritimes until these duties were assumed by civilian agencies. Subsequently, I was a general practitioner in solo practice for more than a decade. I received my Royal College Fellowship in 2004. This makes me a rather senior novice in the field of psychiatry. My most significant accomplishment certainly would be my marriage of 20 years to my wife, Sharon and the parenting of our five children.

OPA: When did you join the OPA and why?

Paul: I am a relatively new member of the OPA, joining in 2006. Like many of my colleagues I did not fully appreciate the role of the OPA, how it differed from the CPA and the value of membership.

OPA: What has been your most valuable experience as an OPA member?

Paul: I'd have to say the opportunity to dialogue with a very motivated, inspiring and talented group of colleagues who have a real passion for fostering a high standard of care. I've appreciated the challenges of lobbying and the politics that is an important part of advocacy and change.

OPA: In what ways have you seen the OPA change over the last 10 years?

Paul: The OPA has continued to enhance its relevance over the last decade to the practicing psychiatrist. I believe our role as the architects of policy change as well as advocacy for both patients and providers will expand as models of care delivery change.

OPA: What do you think is important for psychiatrists to be aware of in the 21st century?

Paul: The graying of our profession and the challenges of recruitment will produce some very unique challenges. Reaching the next generation with earlier exposure to the field of psychiatry may foster greater interest. The changing role of the consultant and greater employment of allied professionals will need to be creatively explored to meet our increasing clinical demands, particularly of our aging population. The provision of care delivery to our child and adolescent population will be a formidable challenge.

OPA: If you weren't a psychiatrist, what other professional endeavour would you be pursuing?

Paul: I'd have likely been a teacher or possibly a spiritual advisor, perhaps a priest. I've always been fascinated by learning and what makes certain issues of relevance to one group but not to another. An individual's search for relevance, significance and its symbolic meaning is fascinating.

OPA: If you had 3 wishes, what would they be?

Paul: It will sound like a beauty pageant if I say world peace. I've been particularly concerned about the violence in Palestine, Israel and Iraq. I'm not convinced our present strategies are fostering a safer planet or freeing us from the yoke of terrorism.

I'd also wish to have greater influence on the political course and direction of medicine in this province from regional models and priorities to specialist remuneration.

I'd like to see the research base for our northern medical school continue to expand and for it to be recognized as a center of excellence.

OPA: If you had 3 wishes for the profession of psychiatry, what would they be?

Paul:

1. A more powerful voice at the negotiating table.
2. Enhanced recruitment
3. Solidarity re; our vision for the future of this profession.

Supporting the Jack Griffin Education and Research Endowment Fund

The late Dr. Jack Griffin is best remembered in Canada and abroad as the General Director of the Canadian Mental Health Association, from 1951 to 1971. During World War 2, Dr. Griffin served in the RCAMC as Liaison Officer in the Personnel Selection Directorate. For his latter two years, he served as a Psychiatric Consultant at National Defence Headquarters in Ottawa with the rank of Colonel. Among his many accomplishments, Dr. Griffin is credited as one of the first Canadian psychiatrists to undertake peer-reviewed funded research. His study* revealed that, through intervention by teachers, 70% of the formerly shy, reclusive and persistently timid children "subsequently gained poise and self confidence through specifically targeted education."

Also a passionate historian of medicine, Jack Devoted 30 years of his retirement to launching the Archives on the History of Canadian Psychiatry and Mental Health and founding the Friends of the Archives. In addition to his comprehensive Documentary History - a work in progress, in 1989 Jack published In Search of Sanity, A Chronicle of the Canadian Mental Health Association, 1918-1988.

Although busy with his own research and hobbies - including piano, woodwork, sailing and the Shellback Club, Jack Griffin never missed an opportunity to assist students to complete their research dissertations. Even into his 90's, Jack was a generous source of oral history concerning sailing, genealogy, psychiatry and mental health.

As a tribute to our distinguished colleague, the Friends of the Archives are soliciting support for the Jack Griffin Education and Research Endowment Fund. Its sole purpose is to provide bursaries for students and others who wish to undertake archival research on any aspect of the history of Canadian psychiatry, mental health and the addictions.

*Quoted from p.40 of Mary and Neil Seeman's Psyche in the Lab: Celebrating Brain Science in Canada, 2006, Hogrefe and Huber, Canada.

Please send your contribution to the Jack Griffin Endowment Fund, with the completed form, to the Friends of the Archives (FOA)-CAMH.

Contributing to the Jack Griffin Education and Research Endowment Fund

I (name and title): _____

Address: _____

Phone: _____

Email: _____

Wish to make an annual/or a one time
Donation of \$ _____

- My cheque, made payable to the **Museum of Mental Health Services, (Toronto) Inc.**, is attached.
- Please send the Charitable donation receipt to the above address.

Mail to: Friends of the Archives (FOA)-CAMH
Archives, Room 1020, Administration Building
1001 Queen Street West
Toronto, Ontario M6J 1H4

Canada Revenue Agency Charitable Reg. No. BN 892484965 RR0001
www.cra.gc.ca/charities



CALENDAR OF EVENTS

Members! Contact the OPA with the details on upcoming educational events and we will do our best to include them in the *Dialogue*. Additional information on these events can be obtained from the OPA Head Office.

February 23 & 24, 2007 - The OPA 87th Annual Conference

President's Theme: Relationships & Partnerships.

This year's conference will cover important clinical, professional and practical issues such as:

- Dual Diagnosis
- First Episode Psychosis
- Management of Atypical Psychotics
- Geriatric Psychiatry
- Genetic Syndromes in Psychiatry
- Practice Audits
- Optimizing Billing
- Setting Up a Practice
- Planning for Retirement

For more information visit our website at www.eopa.ca.

May 3, 4 & 5, 2007 - The Schizophrenia Society of Ontario and the Mood Disorders Association of Ontario presents - You Know Family Matters!

Hear presenters like...

Pam & Blair Kinsman share their journey through depression and bipolar disorder.

Dr. Suzanne Archie - pre-eminent psychiatrist speaks on the vital role of families.

Dr. Xavier Amador presents LEAP - listen, empathize, agree, partner.

David Hasbury graphically facilitates the start of a go-forward advocacy network with participants.

Family Matters 2007 is a conference focused on families in the mental health system. The conference is for family members, consumers and mental health professionals. It is an opportunity to explore important questions about how to support families, how to facilitate recovery, how to better integrate family members into treatment planning, and how to balance the needs of families and consumers.

Hilton Niagara Fallsview Hotel

For more information visit: www.mooddorders.on.ca or www.schizophrenia.on.ca

Summary of the OPA Fall Conference

Submitted by: Dr. Cinda Dyer

The OPA Fall conference was once again a success. Dr. Lewis Aron discussed "Relational Psychotherapy". Dr. Aron is well known as the "Relational Expert" amongst the American Psychiatric and Psychoanalytic fields. He has written many papers as well as several books on this topic.

The feedback was very positive from the attendees. Some of their comments regarding what they had learned include:

"Wonderful speaker."

"I will pay more attention to the therapist - patient interaction."

"Flexibility is an important aspect of technique."

"Self-disclosure has a place in therapy."

"The historical narrative of relational development was appreciated."

Some of the changes that the attendees plan to make in their clinical practice as a result of attending this conference include:

"Focus more on the interpersonal aspect."

"Be more conscious of my Countertransference."

"Continue to try to integrate different schools of therapy. (ie. "Use what fits!")"

Ontario Psychiatric Association - Council Meeting AGENDA

Date: Friday December 8th, 2006
Time: 10:00 - 12:00
Location: Teleconference call

1.0 Approval of Agenda

2.0 Approval of Minutes of Sept 29th 2006

3.0 Business Arising

- 3.1 Insurance Reports Update
- 3.2 Non Physician Prescribing Update
- 3.3 Call for Nominations Update

4.0 Treasurer's Report

- 4.1 Report on Finances

5.0 Reports of Task Forces and Committees

- 5.1 Advocacy Committee
- 5.2 Communications Committee
- 5.3 Continuing Education Committee
- 5.4 Finance/Audit Committee
- 5.5 Member Services Committee
- 5.6 Coalition of Ontario Psychiatrists

6.0 New Business

Ontario Psychiatric Association Annual General Meeting Agenda

**Saturday, February 24th 2007 - 8:00 - 8:45 A.M.
Toronto Marriott Eaton Centre Hotel, Salon C/D**

1. Call to order - S. Abbey
2. Introduction of Guests - S. Abbey
3. Approval of Agenda
4. Approval of Minutes of the January 27th 2006 Annual General Meeting
5. OPA President's Report - S. Abbey
6. OPA Treasurer's Report - D. Puddester
7. Appointment of Auditor
8. OPA President's Address - S. Abbey
9. Presentation of 2007 Budget - D. Puddester
10. Election Results for 2007 Council - M. Gautam
11. Other Business
12. Adjournment

Official Notice of the Annual General Meeting of the OPA

Dear OPA Member,

This is your official notice of the Annual General Meeting (AGM) of the Ontario Psychiatric Association, which will be held at 8:00 a.m. on Saturday, February 24, 2007 at the Toronto Marriott Eaton Centre Hotel, 525 Bay St., Toronto. A buffet breakfast will be provided.

All OPA members are welcome to attend, although voting is restricted to Full Members, Life Members and Members in Training.

If you are unable to attend, please utilize a proxy form. Proxy forms are available in the December issue of *Dialogue* or you may receive one by email, mail or fax by contacting the OPA Office. The Proxy form will assist the OPA in terms of ensuring that a sufficient number of members or their proxies are present for voting purposes. Please return the proxy by fax, mail or email to the OPA office no later than Friday, February 16, 2007. Proxy forms may also be given to your designate who will attend the AGM.

The financial statements for the fiscal year ending December 31, 2006, will be included in the Annual Report, available at the Annual General Meeting and can be requested by contacting the OPA Office.

The Annual Report will be published in the March 2007 issue of *Dialogue*.

We look forward to your attendance as well as your participation at the OPA 2007 Annual General Meeting.

MEMBERS ON THE MOVE *MOVE MOVE*

To get your new appointment in "Members on the Move", send us the following information - your name, position, date of appointment, the organization you were with and the new organization (if applicable), your email, phone number and address.

We will run these announcements as we receive them, and as space in the *Dialogue* allows. Please forward your items in writing to the OPA Office, 344 Lakeshore Road East, Suite B, Oakville, Ontario, L6J 1J6 or by email to: opa@bellnet.ca. Please ensure these are clearly marked "Dialogue Members on the Move".

